

# NORTH POTOMAC SENIOR CENTER

13850 Travilah Road • Rockville MD 20850 • 240-773-4805



## JULY 2022 NEWSLETTER

### **IMPORTANT INFORMATION—PLEASE READ**

Nancy H. Dacek Community Recreation Center/North Potomac Senior Center is an **EARLY VOTING SITE** and **ELECTION DAY SITE** for the primary election. Space for programs and classes will be limited July 4, 2022 to July 19, 2022 and not all programs and classes will be offered. Please call the Center prior to arriving to confirm the status of a program or class. Thank you.

*It's Cleaning Time!* The North Potomac Senior Center will be closed by Summer Cleaning, August 7 to August 13, 2022.

Did you know that scanning your RecAccess card at the front desk is NOT the same as registering for a 55+ class or program? ALL participants are required to be registered for the programs and classes they attend. Most programs and classes are offered in quarterly or monthly sessions, so you would register for each new session. The Summer session began June 1, 2022 and the Fall session begins late August/early September.

Need a refresher or tutorial on *How to Register for Programs and Classes*? Classes will be available in July and August in English and Mandarin. Check the display table and your email for information on dates and times.



## EARLY VOTING

### 2022 Gubernatorial Primary Election

You can vote in person during early voting. Early voting will be held from Thursday, July 7, 2022 through Thursday, July 14, 2022. Early voting centers will be open from 7 am to 8 pm.

### Who can vote early?

Any person that is registered to vote can vote during early voting. Any person that is eligible to register to vote can also vote during early voting.

Registered voters have always been able to vote during early voting, but now individuals who are eligible but not yet registered can register and vote.

To register and vote during early voting, go to an early voting center in the county where you live and bring a document that proves where you live. This document can be your MVA-issued license, ID card, or change of address card, or your paycheck, bank statement, utility bill, or other government document with your name and new address. You will be able to register to vote and vote.

### When can I vote early?

For the 2022 Gubernatorial Primary Election, early voting will be available from Thursday, July 7, 2022 through Thursday, July 14, 2022 (including Saturday and Sunday) from 7 am to 8 pm.

For the 2022 Gubernatorial General Election, early voting will be available from Thursday, October 27, 2022 through Thursday, November 3, 2022 (including Saturday and Sunday) from 7 am to 8 pm.

### Where can I vote early?

For both the 2022 Gubernatorial Primary and General Elections, you can vote in an early voting center in the county where you live.

### How will I vote during early voting?

Voting during early voting is the same as voting on election day. When you get to the early voting center, you will check in to vote and vote your ballot.

There will be instructions available at the early voting centers to familiarize you with the ballot. You may ask an election judge to explain how to vote, but you must cast your vote alone, unless you are unable to do so because you have a disability or are unable to read or write the English language.

### I'm registered to vote, but I need to make a change. Can I make that change during early voting?

It depends.

If you moved, you can update your address. You will be able to change your address and vote.

If you want to change your party affiliation, you can't do that at an early voting center. You must wait until after the election to change your party affiliation.

If you changed your name, you must vote under your former name, but you can fill out a form with your new name. Your name will be updated after the election.



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MARYLAND  
EXTENSION

*This institution is an equal opportunity provider.*



**PRESENTS**

## **Wellness-Plus**

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### **What is Wellness-Plus?**

Wellness is more than diet and exercise! Join us to learn how to protect your health and well-being further with tasty herbs & spices, prevent allergies with green cleaning, learn how to talk to your doctor and more.

**INTERESTED?**

**Sign up for our screening process to see if you qualify!**

### **Must be:**

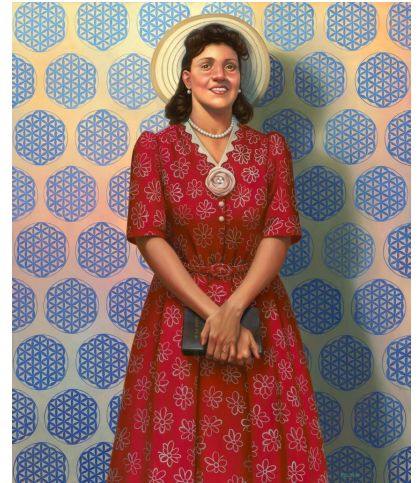
- A Maryland resident **aged 60 years old or older**
- Have high blood pressure (hypertension) or taking antihypertensive medication(s)
- Mobile enough to participate in simple exercises
- Able to attend **FOUR biweekly** sessions at **North Potomac Senior Center** (13850 Travilah Rd, Rockville, MD 20850) **Ph: 240-773-4805**
- **Sessions - Every other Tuesday, August 9, August 23, September 6, and September 20, 2022 from 10 am - 11:15am.**

Screening will take 5 - 10 minutes. If you qualify, the full interview will take **40 - 60 minutes**. Screening will take place on **August 2nd, 2022**.

Sign up with **Sheila** for a time slot between **10am - 3pm**.

# "Mother of Modern Medicine"

Presented by



***Jay Choudhry***, Retired Research Scientist

**Thursday, July 28th**  
**10:30 am**

This presentation is based upon a poor African American woman, Henrietta Lacks, stricken with a deadly and unique cancer and treated at John Hopkins University. The presentation includes how her cancer was researched and how she opened the gateway for the advancement of cancer research and treatment, thus saving human lives. That is why she is known as Mother of Modern Medicine. Her cancer cells are known as HeLa Cells, after her good name. A book, *The Immortal Life of Henrietta Lacks* was published in 2010 and a film by the same name in 2017. This is to pay our tribute to her for what she had done for humanity.

Active Registration # R07023-501

Current Events Discussion

# July Paint and Sip

**FREE!**

**55+ ADULT PROGRAM**



**North Potomac Senior Center  
Thursdays**

REGISTRATION IS OPEN!

ACTIVE MONTGOMERY #R07095-508

**Dates and Times**

**July 7 and July 14 at 1 pm**

**July 21 and July 28 at 12:15 pm**

*Beginners Welcome. Space is limited!*



**TEEN WORKS**  
MONTGOMERY COUNTY RECREATION

## **TEENWORKS IS BACK!**

Welcome TeenWorks members Lance Wei and Muhil Thendral to North Potomac Senior Center. They will be volunteering at North Potomac Senior Center during July and August so be sure to introduce yourself and say hello. Lance and Muhil will be leading classes and programs in:

- ♦ ActiveMontgomery Registration Classes in English and Mandarin
- ♦ Basic Conversational English for Mandarin Speakers
- ♦ One on One TechConnect—Be sure to bring your device with you. (they will answer questions about Smartphones, Windows, Facebook, and more)
- ♦ GO Board Game Lessons
- ♦ Table Tennis partner (See Teen Works volunteer for available time)
- ♦ And more.

If you have a suggestion for a program or something they can help you with, please let contact Ed Hsu or Sheila Hall at 240-773-4805 and we will see if it is something with which they can help.



## **NORTH POTOMAC SENIOR CENTER HAPPENINGS**

### KARAOKE MONDAYS

ACTIVE #R07080-503

Mondays 1:30 pm to 3:00 pm

Start and end your week with Karaoke! Participating in Karaoke can improve your memory, reduce stress, and it is FUN! Register to join us. No experience needed and all voices are welcome!

### KARAOKE FRIDAYS

ACTIVE #R07080-504

Fridays 2:00 pm to 3:30 pm

### JAI HO DISCUSSION GROUP

ACTIVE #R07023-506

Mondays at 11:30 am

Bring your lunch or a snack and get together with others to discuss various topics or play a game. What you do is up to you! This is a casual relaxing way to get to know others in the community.

### BASIC JAPANESE

ACTIVE #R07021-501

Tuesdays at 10:30 am

Interested in learning a foreign language? Try Japanese...you might like it! This class is a great fit for beginners or for those who already know a foreign language! Class is taught by Prof. Oh Em.

### CURRENT EVENTS DISCUSSION

ACTIVE #R07023-501

Thursdays at 10:30 am

Would you like to be enlightened and entertained? Register to join Lyle for this lively discussion group. Guest speaker, Jay Choudhry presents "Mother of Modern Medicine" on July 28. What are some future topics for discussion that interest you? Bring topic suggestions with you to Current Events.

### SIMPLE HEALTHY COOKING WITH RHONDA

ACTIVE #R07049-501—FEE \$5 (NOTE JULY CLASS WILL BE ON FRIDAY)

Friday, July 22, Tuesday, August 16, and Tuesday, September 13

10:30 am to 11:30 am

Learn a few easy, healthy and delicious recipes to make, sample and share with family and friends. Class taught by Rhonda Brandes, RD, LDN.

*Belly Dance Workout and Morning Latin Dance Workout will not meet in July.*

*Dance for Joy and Fitness will not meet in July and August.*

**MAKE FRIENDS, SOCIALIZE, AND ENJOY A HEALTHY MEAL  
SIGN-UP FOR THE SENIOR NUTRITION PROGRAM**

For people aged sixty and over, or a spouse of any age can take part in the Senior Nutrition Program at North Potomac Senior Center. The suggested contribution is \$2.00 per meal. The cost of the meal for those under age 60 is \$5.93 per meal. To complete a SNP application, contact the Nutrition Site Manager, Hsiying Jean Wang at [hsiyang.wang@montgomerycountymd.gov](mailto:hsiyang.wang@montgomerycountymd.gov) or call 240-773-4805. To make or cancel a meal reservation call front desk at 240-773-4805 two days before your reservation.

**FREE CURB TO CURB TRANSPORTATION**

If you live within five miles of North Potomac Senior Center, there is Free JCA handicapped accessible transportation available to you Monday through Friday. Pickup time from your home is between 8am and 9am and bus leaves Senior Center at 2pm for your ride home. Call 240-773-4805 for an application. It takes seven to ten business days for JCA to process an application.

**PROGRAM AND CLASS CHANGES**

We are an Early Voting Site therefore your usual classes or programs may be cancelled, rescheduled or relocated to a different room. Please check with the Center staff prior to coming to the center for your usually scheduled program. If you have questions, please contact Denise Perdue at [Ella.perdue@montgomerycountymd.gov](mailto:Ella.perdue@montgomerycountymd.gov) or Fereshteh Hashemi at 240-773-4805. Thank you.

**NEED A PASS**

Do you need a RecAccess Pass (Free) or Senior Sneakers Pass (Fee)? The staff at the front desk will be glad to assist you.



## JULY TRIVIA

How many of the questions can you answer correctly? Good Luck!

1. Which famous aviator is recognized on the twenty-fourth of July?

- A. Bessie Coleman
- B. Harriet Quimby
- C. Amelia Earhart

2. The month of July was named after whom?

- A. Julius Caesar
- B. Caesar Augustus
- C. Pompey the Great

3. Which famous theme park opened on the seventeenth of July?

- A. Disneyworld
- B. Disneyland
- C. Hershey park

4. Who is the only American President to be born on July 4th?

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5. The 4th of July, formally known as Independence Day, has been a federal holiday since which year?

- A. 1776
- B. 1870
- C. 1820

6. The saying "That's one small step for man, one giant leap for mankind!" was made famous of July 1969 by who?

- A. James Lovell
- B. Neil Armstrong
- C. Frank Borman

7. New York achieved its statehood on what date?

- A. July 4, 1776
- B. July 9, 1776
- C. July 20, 1776

# EASY RECIPE FOR JULY

## SWEET POTATO SALAD

### INGREDIENTS

- ♦ 7 or 8 medium sweet potatoes
- ♦ 1 cup white wine vinegar
- ♦ 1/2 cup vegetable oil
- ♦ 1 tablespoon honey
- ♦ 2 minced garlic cloves
- ♦ 2 bay leaves
- ♦ 1/2 teaspoon salt
- ♦ 1/4 teaspoon pepper
- ♦ 1/4 teaspoon dried oregano
- ♦ 1/4 teaspoon dried thyme
- ♦ 1 medium onion, diced or quartered thinly
- ♦ 1 medium green pepper cut into 1-inch pieces

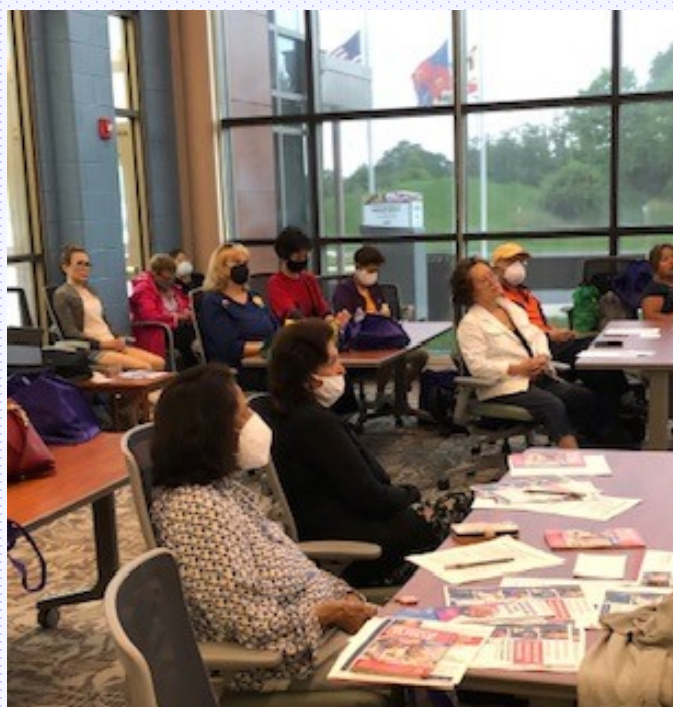
### DIRECTIONS

1. Put sweet potatoes in a large pan and cover with water. Bring to a boil. Reduce heat; cover and cook for about 20 minutes or just until tender. Drain, cool slightly then peel.
2. In a jar with a tight-fitting lid, combine the next nine ingredients; shake well.
  - Cut potatoes in half lengthwise. In a large bowl, slice potato halves into 1/4-in. slices. Add the onion and green pepper. Shake dressing; drizzle over potato mixture and gently toss to coat. Cover and refrigerate for at least three hours. Remove and discard bay leaves. Stir in the tomatoes, and cook until heated throughout.
  - Place the spinach into a colander, and drain the hot potatoes over it.
  - Transfer to a large serving bowl, and toss with the remaining olive oil, and tomato mixture.
  - Serve and enjoy.

This salad is perfect for a 4th of July picnic or family gathering.



# World Elder Abuse Awareness Day (WEAAD)



***Wear Purple Wednesday***



# Easy Juneteenth Recipes with Rhonda, RD





# Almost Summer Luau Party



Everybody Let's Limbo  
How Low Can You Go?





# 55+ BBQ at Smokey Glen





for Maryland Residents 65 +

**FREE**



## **Senior Call Check**

**Call 1-866-50-CHECK**  
or Register Online  
[aging.maryland.gov](http://aging.maryland.gov)

*A daily automated call to  
verify your well-being, at  
a time scheduled at your  
convenience.*

*Register today or tell a  
loved one about this  
program!*

